

MAHARANA PRATAP GOVT PG COLLEGE
BILSI BADAUN

TIME TABLE FOR CLASSES OF PHYSICAL EDUCATION AND SPORTS
(12 Apr 2020 – 03 MAY 2020)

<u>SNO</u>	<u>DATE</u>	<u>TOPICS</u>
1.	12-04-2020	Introduction and awareness about corona virus (COVID -19).
2.	13 -04-2020	Prevention and Protection against Corona Virus (COVID-19).
3.	14 -04-2020	How to develop Immunity System.
4.	15 -04-2020	Importance of AAROGYA SETU Aap.
5.	16 -04-2020	Importance of Surya Namaskar.
6.	17 -04-2020	Mental well being during lock down.
7.	18 -04-2020	Importance of Self Discipline in life.
8.	19 -04-2020	Revision and interaction with students.
9.	20 -04-2020	Introduction to Physical Education, and its importance.
10.	21-04-2020	Role of Physical education in personality development.
21	22 -04-2020	What is Health, Health Education and Hygiene.
22	23 -04-2020	Introduction to yoga including Pranayam and Meditation.
23	24 -04-2020	Nutrition and balance diet.
24	25 -04-2020	Importance of regular exercises on different system of our body.
25	26-04-2020	Revision and interaction with students.
26	27-04-2020	Effect of regular exercises on Circulatory system.
27	28-04-2020	Effect of regular exercises on Respiratory system.
28	29-04-2020	Effect of regular exercises on Digestive system.
29	30-04-2020	Effect of regular exercises on muscular system of our body.
30	01-05-2020	Importance and benefits of yoga.
31	02-05-2020	Yoga for total well being.
32	03-05-2020	Revision and interaction with students.

(TIME – 1000-1045H)

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